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CONTACT:

Douglas A. Etter
Manager, Public & Community Relations
717-272-6621, ext: 6079
Douglas.Etter@va.gov

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LEBANON VA OFFERS FREE FLU VACCINATIONS TO VETERANS
Vaccination Against the Flu is A Key Step to Maintaining Your Good Health

LEBANON – September 16, 2013 –

Veterans who receive their healthcare at the Lebanon VA Medical Center are encouraged to get their flu vaccinations to reduce their risk of contracting the serious and potentially fatal disease. Veterans may obtain their influenza vaccination two different ways. They may come to the Medical Center between 8:00 a.m. and 4:00 p.m. and receive the vaccination in the new Central Business Office in Building 17. Appointments are not necessary. Additionally, Veterans who have appointments with their primary care providers may receive the vaccination at their regularly scheduled appointment. Vaccinations are provided free of charge.

Theresa M. Haley, RN, Infection Preventionist at the Lebanon VA Medical Center, states, "The flu (influenza) is caused by a virus that is easily spread by coughing, sneezing and close contact. It will last several days and may include fever, chills, sore throat, muscle aches, coughing, headaches and fatigue. The flu can be more dangerous than you think because flu viruses are always changing. The annual flu vaccine is your best chance to avoid the flu. The vaccine is given in the form of a shot (injection) in the arm. It's best to get vaccinated each fall, before flu season starts. This can be done at your healthcare provider's office or a health clinic. If you have questions about getting vaccinated, ask your healthcare provider. Your family and friends can protect you from getting the flu by getting vaccinated too."

Elaine Mika, RN, Associate Chief of Nursing Services, adds, "The flu vaccine will not give you the flu. The flu is caused by a virus. It can't be treated with antibiotics. The flu can be life-threatening, especially for people in high-risk groups. This includes the very young, the elderly, and people with weakened immune systems. About 36,000 people die of complications from the flu each year. Influenza is not the same as 'stomach flu,' the 24-hour bug that causes vomiting and diarrhea. This is most likely due to a GI (gastrointestinal) infection—not the flu."

Lebanon VA Medical Center is one of 152 medical centers across the United States which are dedicated to serving the unique needs of America's Veterans. The VA is the largest health care system in the country, using state of the art technology to improve the health of Veterans from every generation. Every Veteran enrolled in VA healthcare meets the Affordable Care Act standards for possessing health care coverage.

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